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Joe Tersigni: “The Philanthropist Who Earns Your Trust”

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Letter from the Editor



Where has the year gone? As we enter the final months of 2024, I find myself reflecting on the journey we've all taken together this year. It feels like only yesterday we were welcoming the warmth of spring, and now we're embracing the holiday season.

November brings Remembrance Day, a time to honour those we have lost. From my own school days, I have always taken this moment to reflect on the sacrifices

made by so many, whose courage has given us the freedom we cherish today. Wearing a red poppy serves as a powerful symbol of our gratitude and remembrance.

This season also highlights men's health. With Movember raising awareness for prostate cancer and mental health, let's support the men in our lives by encouraging them to prioritize their well-being. Mental health, including depression, is often overlooked, but it's essential for everyone to know that seeking help is a sign of strength. Together, we can help break the silence around these vital issues and make a difference.

In this edition, I am delighted to feature Joe Tersigni, a remarkable individual known for his generosity, dedication to the community, and success in his career. For years, I have heard stories of Joe's continuous commitment to the community and kindness. His inspiring story is one I am thrilled to share with you.

As the holidays draw near, there is much to look forward to—the joy of festive lights, the colors of Christmas, and the warmth of gathering with loved ones. Homes will soon be filled with laughter, family dinners, and the comforting aromas of holiday meals. I particularly cherish seeing the smiles and boundless energy of children as they immerse themselves in the holiday spirit, alongside the joy that seniors bring as they join in these celebrations, bridging generations.

This time of year is perfect for honouring family traditions or creating new ones. Whether continuing rituals passed down through the years or starting fresh with young families, these moments bind us together. Let's embrace the love and joy they bring into our homes.

Here's to a holiday filled with reflection, family, and the beauty of giving. Wishing you a wonderful holiday season filled with peace and joy.

Cheers!



Josie Alonzi



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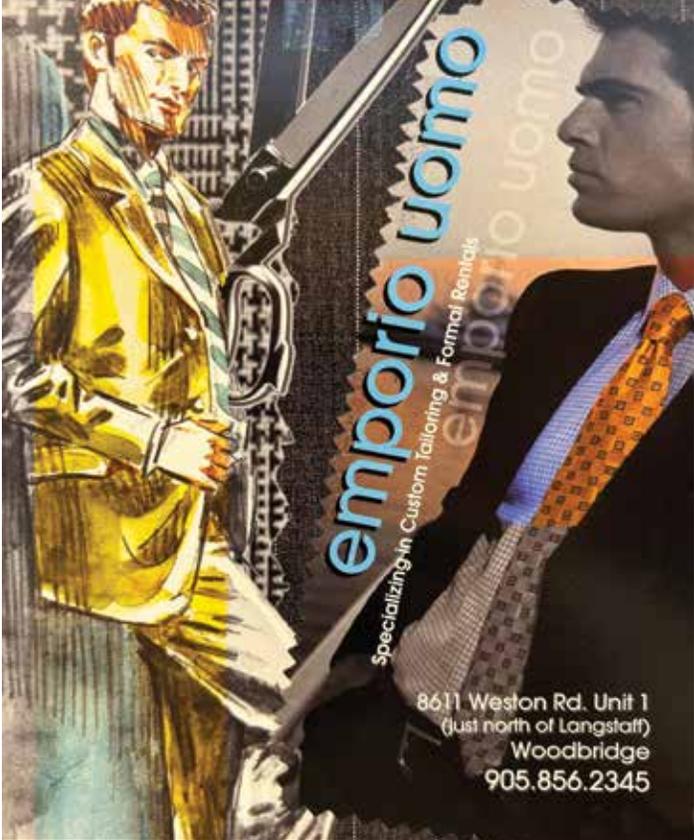




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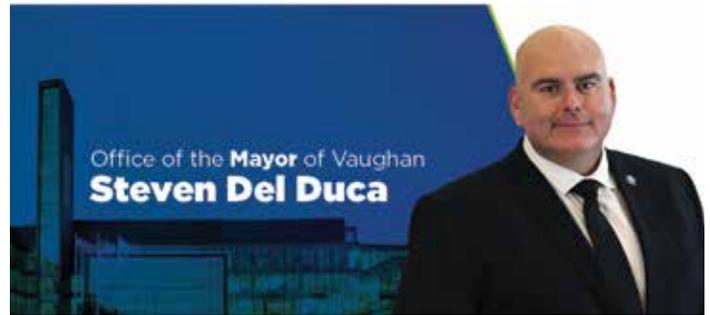
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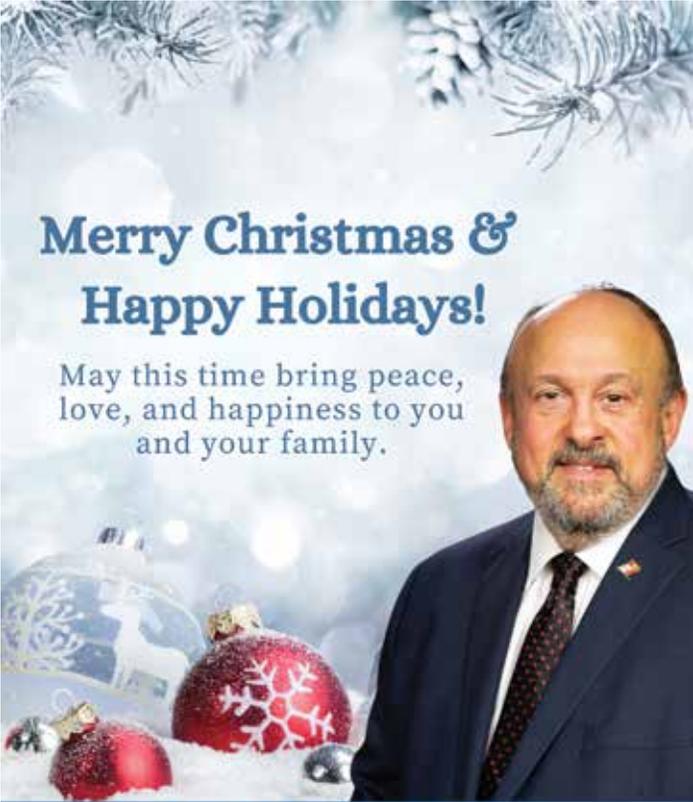
Fall has been a productive season so far. With council meetings back in session, there has been much on the go. My Annual Charity Golf Classic took place in September, and it was a fantastic day spent with more than 150 golfers who gathered to support the Spirit of Generosity, an initiative that is inspiring positive change in Vaughan and beyond.

As we approach the end of the year, there will be events taking place. We will be hosting our second annual Diwali Celebration at Vaughan City Hall. The celebration is on Monday, November 4 at 6:00 pm. All are welcomed and we look forward to celebrating with you!

You are also invited to attend a Remembrance Day service on Monday, November 11 at 10:30 a.m. at the Woodbridge Cenotaph (80 Wallace St.). Refreshments will be provided at the Woodbridge Memorial Pool and Arena (5020 Hwy 7) following the service. I hope to see you there.

Steven Del Duca - Mayor, City of Vaughan





**Merry Christmas &
Happy Holidays!**

May this time bring peace,
love, and happiness to you
and your family.

MICHAEL TIBOLLO
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screenings are vital, especially for men over 50 or those with a family history. Early detection greatly improves treatment outcomes and quality of life.

For younger men, testicular cancer is most common between ages 15 and 35. Fortunately, this cancer has a high survival rate when detected early. Self-examinations are essential to catching symptoms like lumps or discomfort. Awareness and prompt action are crucial.

Mental health also requires serious attention. Men are less likely to seek help, yet they face higher suicide rates than women. Symptoms such as prolonged sadness, mood swings, or withdrawal from daily activities shouldn't be ignored. Addressing these signs with the help of a professional can improve both mental and overall health.

Taking charge of wellness goes beyond regular check-ups. Building a lifestyle that supports both physical and mental wellness is essential. Regular exercise, balanced nutrition, and stress management contribute significantly to resilience and fulfillment. Men are encouraged to reach out—whether to a friend, family member, or professional—when they need support. Asking for help is not only okay but a crucial step in maintaining health.

This Men's Health Awareness Month, let it be a reminder to take your health into your own hands. Make that appointment, check in on your loved ones, and start taking small steps toward better health. Your well-being matters, and the steps you take now can set the foundation for a healthier, more resilient future. By focusing on these issues, we can all contribute to a culture where men's health is prioritized and supported.

Men's Health Matters: Taking Action This November

By Dr. Sarah Capetola, ND

November is Men's Health Awareness Month, a crucial time to highlight some of the most pressing health issues men face. This month raises awareness around prostate cancer, testicular cancer, mental health, and suicide prevention, encouraging men to prioritize their well-being and seek support.

Prostate cancer is a leading concern, with one in eight men expected to be diagnosed during their lifetime. Regular

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Building Trust for a Shared Future: Optimism, Confidence and Hope Can Lead the Way

by *The Honourable Senator Tony Loffreda*

Trust me!

This is something we hear on a regular basis. Whether it's in the office, at school, at home, or among friends or family, putting our faith into someone else's hands has become second nature to most of us. As I always say, trust is the currency of every relationship, and our lives are built around these relationships and how we nurture them. What happens when this trust is broken and when our confidence deteriorates? It could have detrimental consequences on our lives.

But what happens when this trust extends beyond our personal relationships?

Is trust in our institutions, governments, and corporations truly eroding, as some might argue? Are Canadians, and citizens of the world for that matter, increasingly less confident and hopeful in our future? Can we trust the media? Do we have the necessary tools to question authority? Are governments and businesses looking out for our best interests? How can we define, promote and protect trust in an ever-changing political and societal landscape?

For three days last month, policymakers, academics, subject-matter experts along with civil society gathered on Vancouver Island, in beautiful British Columbia, for the Victoria Forum, an annual event co-hosted by the Senate of Canada and the University of Victoria, to talk about trust and find solutions to some of these existential questions.

As the Forum asserts, existential threats loom large, and their profound impact is felt in every corner of the globe. We share a physical space but also an inherently inter-dependent one. Yet, a pervasive and increasing crisis of trust complicates our path forward. The Forum allowed thought leaders and concerned citizens to convene, engage, discuss, and propose concrete actions on ways we can rebuild trust across the various divides that are hampering our society.

Thanks to an ambitious and diverse program focused on "Building Trust for a Shared Future", the Forum was built around four major themes: trust in institutions; trust in economic systems; trust and the digital revolution; and trust and conflict.

Participants were given an opportunity to deep dive into more complex topics including the politics of divisiveness, media and partisanship, cyber espionage, economic disparities, the spread of disinformation and misinformation, human displacement, geopolitical tensions, the growth in artificial intelligence, environmental stewardship, reconciliation with Indigenous peoples, and much more. There was something for everyone to sink their teeth in.

Senator Tony Loffreda

I had the honour of moderating a panel on ownership transition for small and medium enterprises with three industry leaders: Cordell Jacks of the Regenerative Capital Group, Kristi Fairholm Mader of Scale Collaborative, and Tiara Letourneau of Rewrite Capital Advisors.



With 76% of Canadian businesses set to transition to new ownership in the next decade due to aging leadership, several innovative social options are making their way into the business landscape that can preserve local businesses, empower employees, reduce wealth inequality, and boost productivity. One such option, which I've written extensively about, and Parliament recently adopted, are employee ownership trusts.

One of the highlights of the Forum was a plenary session moderated by my colleague Senator Lucie Moncion that featured two distinguished Canadian Parliamentarians, former Prime Minister Joe Clark and former Minister of Foreign Affairs Lloyd Axworthy. Both reminded us of the important role Canada can and must play on the world stage. They shared with us their vision for Canada and reminded us that Canada is not broken. Indeed, Canadians have countless reasons to be hopeful for the future and we should have confidence in our institutions and those who govern them. Politicians may have different policy ideas or approaches on how to make life better for Canadians, but I strongly believe that politicians of all political stripes are genuinely committed to improving the lives of their fellow citizens. To hear the two former cabinet ministers, from two different political parties, advance that the best is yet to come for our nation was inspiring.

Despite what we may see on the news and despite what many might argue is a growing lack of trust, I continue to be hopeful and optimistic that Canada is on the right path. Of course, trust must be earned, never taken for granted and should not be given blindly, which is why it's important that citizens continue to question authority, engage in respectful and peaceful policy debates, and demand greater transparency. We are all key players, including a healthy media environment, in keeping governments, institutions, and corporations accountable.

My biggest takeaway from the Victoria Forum was not so much that trust is eroding, but rather that hope is growing, and we have the potential for greatness. Trust matters! I believe that collaboration and open dialogue can address some of the greatest challenges we face, as a nation and as a planet. Together, we can drive meaningful change... provided we work together and trust one another.



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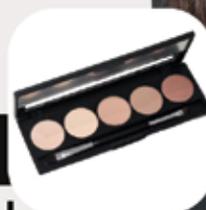
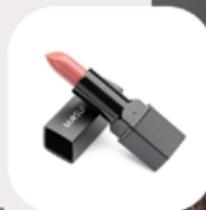
Holiday Makeup Glam 2024: Unleash Your Inner Glow with Makeup Addict Inc. As the holiday season approaches, it's time to elevate your makeup game, and we have Laura Clerici, Owner and Creator of Makeup Addict Inc. here to guide you through an easy to create look for 2024. Stand out at every festive gathering and make a statement.

1. Radiant Skin: Get that Glow: The key to a stunning look starts with your base, using their lightweight Flawless Face Foundation that enhances your natural glow. Don't forget to highlight! Using the Glow Goddess Palette by Makeup Addict to highlight on the high points of your face, cheekbones, brow bones, and the bridge of your nose.

2. Bold, Festive Eyes: Eyes take center stage this year, with an emphasis on bold yet neutral colours. Think deep brown tones, icy golds, and/or Smokey greys. Makeup Addict Inc.'s New Nude Obsessed Palette is perfect for creating that seamless look.

3. Lips That Pop: For lips, this 2024 holiday season is all about statement making shades. From matte reds to glossy berry hues, Makeup Addict Inc. offers a range of high-pigment lipsticks and glosses. A classic red lip is timeless, while berry tones add a playful touch.

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Navigating Family Relationships During the Holiday Season: Embracing Connection and Reducing Stress

By Dr. Mary Marano

The holidays are supposed to be a time of joy, celebration, and family connection. Yet, for many, they are a time when tensions boil over, old wounds resurface, and stress reaches its peak. The picture-perfect holiday meal can quickly dissolve into a battleground of unmet expectations, unspoken frustrations, and awkward silences. How do we prevent the season meant for connection from turning into a source of emotional exhaustion?

The answer lies in embracing the reality of holiday stress, instead of fighting it. The truth is, no holiday season is perfect, and that's okay. Families are complex, relationships are evolving, and stress is unavoidable. But with the right mindset and practical strategies, we can navigate these emotional minefields and create a season that brings us together, rather than tears us apart.

Understanding how to navigate these dynamics—whether it's including in-laws, respecting adult children's boundaries, or managing holiday stress—can help foster a sense of connection, not conflict. Let's explore some strategies for making this holiday season smoother for all.

1. Normalizing Holiday Stress

The holidays naturally come with higher expectations: from gatherings to gift-giving to family traditions. It's important to remind ourselves that stress during this time is normal. Normalize the feeling by acknowledging that it's okay to feel overwhelmed and that you're not alone. It's essential to create space for self-care and set realistic expectations for how much you can handle.

Tip: Identify one or two key activities that bring you joy and focus on them rather than trying to do it all.

2. The Importance of Boundaries

Family time is a cornerstone of the holidays, but it's essential to recognize the role boundaries play in keeping relationships healthy. Whether it's managing time commitments or setting emotional boundaries, clear communication is key.

Tip: Before the holidays, discuss expectations with your family. Make it clear what you're comfortable with in terms of visits and commitments, especially if you're trying to avoid holiday burnout.

3. Including In-Laws

In-laws can sometimes feel like outsiders, especially during family gatherings with long-standing traditions. The holiday season is a great time to ensure that they feel like a valued part of the family. Involving in-laws can mean honoring their traditions and finding ways to integrate them into your family celebrations.

Tip: Collaboratively create new traditions that include everyone, giving each side of the family a chance to share something meaningful.

4. Respecting Adult Children's Autonomy

As children grow into adulthood, their lives, schedules, and needs evolve. While the desire for traditional family celebrations may remain, it's important to respect your adult children's decisions and plans during the holiday season. They may be navigating new family dynamics, jobs, or even geographic distances.

Tip: Be flexible and open to modifying old traditions to accommodate their lives. Prioritize connection over rigid expectations.

5. Fostering Communication

Open communication can be the difference between a smooth or stressful holiday season. Create an environment where family members feel free to express their thoughts, ideas, and concerns. This includes giving space for different viewpoints and being willing to compromise.

Tip: Make sure each family member has a voice in how you celebrate the holidays. This can be done by scheduling a family meeting or check-in where everyone gets to share their expectations.

6. Strategies for Managing Stress

Managing stress is essential to enjoying the holiday season. Here are some practical ways to stay grounded:

- **Take Breaks:** Step away from gatherings when you need personal time.
- **Manage Time Wisely:** Don't over commit to every event. Prioritize what matters most.
- **Practice Gratitude:** Focus on the positive aspects of the holidays and what you're thankful for.

Tip: Encourage everyone in the family to take part in stress-reducing activities, like a family walk or quiet time for reflection.

The holiday season doesn't have to be a time of dread or endless stress. It's not about creating a flawless experience or keeping everyone happy—it's about finding ways to connect meaningfully, even when things don't go as planned. Families are beautifully imperfect, and so are the holidays.

By normalizing stress, setting boundaries, respecting everyone's needs, and practicing open communication, we can transform these moments of tension into opportunities for deeper connection. Instead of striving for perfection, aim for presence. Focus on the memories you're building, not the missteps that may happen along the way.

This year let's embrace the messiness of family life and remember that the true magic of the holidays isn't found in the perfect meal or perfectly coordinated schedules—it's in the love we share, even when things get tough. The holidays are not just about surviving; they're about thriving together, one imperfect moment at a time.



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Joe Tersigni: “The Philanthropist Who Earns Your Trust”

By Angelo Filoso

Joe Tersigni arrived in Canada in October 1959 with his parents, Francesco and Rosina, and his brother Domenic, from Sora, Frosinone, Italy. They were welcomed by his aunt Domenica, uncle Rocco, and their children. They lived with them among other family members, immersed in the Italian Canadian community of Toronto.

Several years later, in 1966, his parents bought their first home, paying in cash—an opportunity made possible through their hard work, like many Italian immigrants. Life as an immigrant family in Toronto was challenging, and the Tersignis faced many hardships as they worked to build a life in Canada. Joe’s parents instilled in him the importance of family integrity and hard work. Through perseverance and respect for others, they gradually gained acceptance within Canadian society.

Joe attended Central Commerce High School, where he valued education. After completing his post-secondary studies, he pursued accounting courses to advance himself, completing three years in the R.I.A. program. In 1976, while raising a family, he worked tirelessly at various accounting firms.

With determination, Joe applied for a supervisory accounting position at Massey Ferguson, a worldwide manufacturer of agricultural equipment. He was hired and worked there from 1974 to 1976. He then took an opportunity to advance to a managerial position at John Inglis Ltd., where he worked as a manager of accounting until June 1986. During this time, he also enrolled in a Real Estate Segment 1 course. After obtaining his real estate license, he was hired at Security Real Estate on a part-time basis. Joe recalls, “I cannot forget how owner/broker Joe Mandarino inspired and encouraged me to get into real estate sales in 1986.”

Joe soon realized his passion for real estate. Earning \$30,000 per year in his day job, he doubled his income with part-time real estate work. Even colleagues from his day job trusted his expertise and sought his assistance in purchasing homes. What started as a part-time hobby soon became a full-fledged career. He returned to school to obtain his broker’s license with the goal of opening his own brokerage firm.

In 1989, he founded JDF Realty Ltd. in Vaughan. The brokerage became a prominent player in the industrial, commercial, and investment sectors and was instrumental in shaping the cityscape of Vaughan. Over the next eight years, Joe’s real estate ventures flourished, and his family, who initially did not understand his passion, came to appreciate his success. The firm has since been a



Returning to Italy after 20 years in Canada



Joe and Domenic playing the accordion



Driving his first car in Canada



leader in industrial, commercial, and investment real estate in the Greater Toronto Area and internationally for the past 35 years.

Music has always been one of Joe's true passions. He played the accordion and piano and formed a band called "The Executives," performing at various venues and clubs. Known as "The People Guy," he was beloved in the community for his genuine nature. His involvement in

the music industry connected him with people worldwide and complemented his business endeavors.

Joe has built a broad network of entrepreneurs and participated in various committees. He served as vice-chair of the Ethics and Disciplinary Committee with The Toronto Real Estate Board to establish himself as a trusted professional. His real estate focus has been in Vaughan, where he worked on numerous prominent deals, now considered landmarks. Some examples include the 4.0-acre residential area at Hwy 7 & Weston Rd, the 100-acre Vaughan Industrial Park, and the 32-acre commercial space at Hwy 400/Teston Rd.

From 1990 to 2001, Joe was appointed by the Provincial Government of Ontario as a standing member of the Assessment Review Board of Ontario, under the Taxes Appeal Tribunal. In 1992, he was mandated by Magna International to find a location in Italy for a 750,000-square-foot manufacturing and research facility, which he successfully negotiated with the town of Livorno. Today, this state-of-the-art plant employs over 1,000 people.

Joe's drive extends beyond real estate. He has been deeply involved in charitable work, helping raise over a million dollars for the SickKids Hospital through initiatives like the "Life for Kids Gala" for the Cardiac Department. Over a decade was dedicated to fundraising and supporting non-profit organizations, making Joe a pillar in his community. Inspired by the values instilled in him by his parents, he continues to help whenever possible. A strong advocate for volunteering, Joe addressed the Caledon Cares Volunteer Group, recently stating that "volunteering is an art" and emphasized the importance of dedication in non-profit organizations.

In the 1990s, Joe channeled his love for music into creating Mondo Music Management. This company brokers top recording artists for Ontario casinos, private functions, festivals, and concerts. Artists brought to Canada by Mondo Music Management include Tony Bennett, Tom Jones, Michael Bolton, Frankie Valli, Paul Anka, Andy Kim, Bette Middler and international stars like Sophia Loren, Umberto Tozzi, Little Tony, Lucio Dalla, Carlo Conte, Iva Zanicchi, Ornella Vanoni, Gigi D' Alessio, I Pooh, and Laura Pausini. Mondo Music Management



licensed by the Alcohol Gaming Commission of Ontario has been booking shows at Fallsview Casino Resort for 22 years and producing events such as Sanremo Ieri e oggi, Tenori, and Ballando con le Stelle.

Additionally, Joe Tersigni has collaborated with Councillor Tony Rosa and Anna Meo President of the Bolton Italian Cultural Centre. Cultural programs of Italian Heritage in Bolton are known to feature Italian artists. This Italian Cultural Centre promotes various organizations in the community.

Throughout his life, Joe has valued honesty, sincerity, and earning people's trust. His approach to business has always been rooted in integrity, with a firm belief that one must never mislead others. Specializing in industrial and commercial investments, Joe understands that teamwork is essential, especially in a close-knit community like Vaughan.

Joe Tersigni's dedication and achievements have been recognized with several prestigious awards. In 1996 and 1997, he received the highest dollar volume in sales by Canada Lands Inc., a federal government agency. This recognition marked him as a top performer in the real estate industry, solidifying his reputation for excellence. In 2005, Joe was honoured with the Top Business of the Year Award, a testament to his entrepreneurial spirit and the impact of JDF Realty Ltd. on the community. Most recently, in 2024, Joe was awarded Senior of the Year by the Province of Ontario, on behalf of the Town of Caledon, celebrating his lifelong contributions to business and philanthropy. These accolades reflect his unwavering commitment to integrity, community, and professional success. Despite his professional success, family remains at the core of Joe's life. He takes great pride in his wife, Carolynn, and

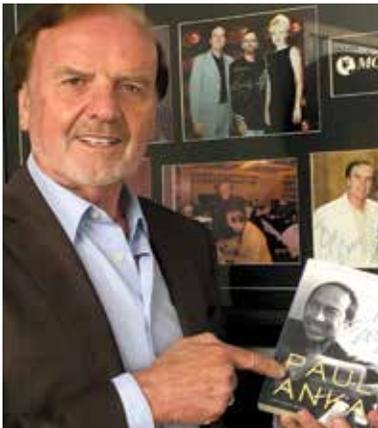


children, Lara, Tania, Jacob, and Sophia, who have all found success in fields like architecture, teaching, business administration, and real estate. Joe defines success as "measured by satisfaction." His dedication to both his family and his community remains unwavering, and he continues to organize fundraisers and support various causes.

For Joe Tersigni, "No" is not in his vocabulary when it comes to helping others. His humility, compassion, and commitment have solidified his reputation as "The Philanthropist who earns your trust."



Joe Tersigni in action with Artists & Fundraising in the community



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Villa Charities
Italian Canadian Immigrant Tribute
Official Unveiling November 13, 2024

The Villa Charities Italian Canadian Immigrant Tribute project is a one-of-a-kind heritage installation to commemorate and celebrate Italian Canadians' immigrant experiences and their collective achievements.

VillaCharitiesImmigrantTribute.com

Columbus Centre, 901 Lawrence Ave. West, Toronto | Villa Charities Foundation Charitable Registration No: 89337 0767 RR0001





Celebrating our volunteers at the 2024 Heart & Hand Awards, where we recognize volunteers who dedicate themselves to Villa Charities.



Volunteer Award: Aldo Cundari has been a tireless supporter of Villa Charities for over 28 years. Being born in Toronto and living in Italy at the age of 17 he returned to Toronto in later years. Aldo missed the Italian Culture living in Canada and decided to join the Villa Colombo team in 1996. His expertise in fund raising gave the Villa Charities Foundation the tools required to initiate the Villa Charities Italian Canadian Immigrant Tribute Project. The Italian Canadian Immigrant Tribute has generated and will continue to generate significant revenue for the foundation.

Volunteer Award: Anna Lafrate has been involved with the Columbus centre for over thirty years. Anna has been an integral part of and Chair of the Cultural Committee, the Athletics Committee and continues to volunteer regularly at Villa Charities events. Her volunteerism has exceeded all expectations and she deserves the 2024 Heart & Hand Award for volunteering in various committees and events for the last 30 years.

Volunteer Award: Joseph Fusco has been an integral part of Villa Colombo's Team history, and success. Being part of the Board since 2007 he became the Board chair in 2018. Joseph has been involved to maintain the legacy of his Father, Anthony Fusco Senior, who was one of the founders of Villa Colombo. He wishes to continue and contribute to provide the best care for the seniors in the GTA through Villa Charities.





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Navigating Grief During the Holidays

The loss of someone is difficult to manage at the best of times and can be particularly difficult during the Holiday Season. It seems everywhere you turn, there are parties, people are buying presents, everyone is joyful, Holiday music is playing but you don't feel like celebrating. It's okay, and it is normal to feel this way. Depending on your situation, you may not be able to just ignore this Holiday Season altogether. There may be little children who are full of excitement and expectation of carrying on traditions from previous years or plans for a special celebration were made a long time ago and now the Holidays are upon us.

What do you do? How do you navigate the Holidays? Here are some helpful hints to assist you through this.

1. First and foremost is to acknowledge that this Holiday Season may be very different without your person, and this may be quite difficult for you. Be gentle with yourself and those close to you and remind yourself that you are doing your best.
2. Be honest and tell people what you want to do and what you don't want to do. Don't allow anyone to tell you what you "should" or "should not" do.
3. It's okay if you decide to skip the Holiday all together this year. You may decide to donate to a charity in memory of the person you lost instead.
4. You may want to see a Counsellor and talk with someone.
5. Ask for help, even when it is hard to do.
6. You may want to wear clothing or accessories that belonged to the person you lost.
7. Perhaps you may want to scale down "celebrating" this year.
8. You may choose to decorate minimally or even not at all.
9. If stockings are a part of your décor, you may want to create a "memory stocking" in honor of the person you lost. You and others can write down treasured memories and read them together. The same could be done with a "memory box".
10. You may want to keep the menu the same or decide to make it simpler.
11. You may want to include a favourite dish from the person you lost or their favourite dish.
12. If you are planning on having the Holiday gathering at home, don't be afraid to ask your family/friends for help. If you feel you cannot hold the event at your home, ask for someone in your family to host the event.
13. Light a candle in memory and have it burn throughout the gathering.
14. If you are planning a meal, leave an empty seat at the table and place the burning candle there.
15. Before you begin your meal, you may want to ask each person to share a favorite memory they have of the person you lost.
16. Have a moment of silence or a toast to the person you lost.
17. Play music that the person you lost enjoyed. Perhaps sing together.
18. Tell stories about the person you lost, and funny ones are good too!
19. Look through and share old photos of the person you lost during previous holidays.
20. Try and do one thing, just for yourself every day, no matter how small it may seem.
21. Try and find one thing or one person in your life to be grateful for each day. Write it down in a journal or call that person and tell them that you are grateful for them in your life.
22. Listen to your body, take a nap, or just have some quiet time.
23. Don't be afraid to turn off the ringer on your phone (just remember to turn it back on after your rest).
24. Bundle up and go outside for a walk or fresh air.
25. Soak in a bubble bath if you can.
26. Eat healthily if you can, and don't be afraid to indulge a bit, but don't let overindulging become your comfort.
27. Alcohol can become a "fast friend" so be careful if you notice this happening.
28. Treat yourself and buy a gift just for you.
29. Buy a gift the person you lost would have enjoyed and donate it to charity.
30. Remember crying is okay.



While implementing these suggestions, don't forget to find joy in the process. Despite the challenges the holidays may bring, it's perfectly acceptable to experience moments of happiness and share love. Enjoying yourself doesn't diminish the profound love and sense of loss towards the person you lost, so please release any feelings of guilt associated with these moments of joy. Prioritize self-care, take the time to nurture yourself, and may you discover comfort amidst the holiday season.

If you find that you are having difficulty coping and don't want to speak with a friend or family member, please call 1-855-310-COPE (2673)

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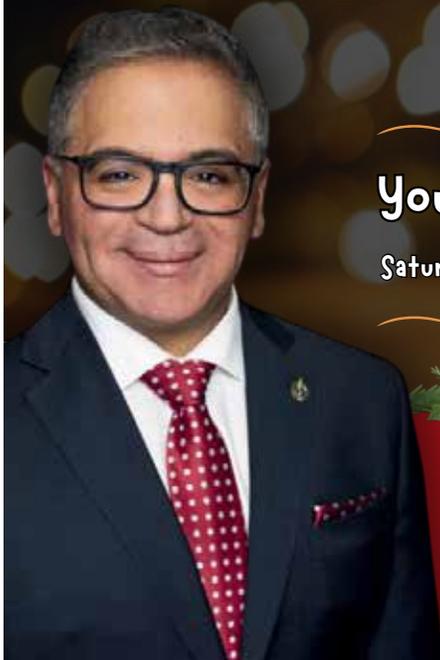
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